

Hand Hygiene

“Just Ask Us”

Did you know.....?

Most germs in hospitals can be spread by unclean hands. Each time a person touches an object or another person, germs go along for the ride. An infection could prolong your hospital stay.

What can you do to decrease the chance of getting an infection while in hospital?

Don't assume anyone's hands are clean – before your doctor, nurse, or visitors touch you, or any items used in your care, just ask *“Did you clean your hands?”*

Everyone should clean their hands:

- Before and after touching you
- Before and after eating
- When hands are visibly soiled
- After using the bathroom
- After coughing or sneezing

You should also clean your hands before you leave your room and when you return.

Will hospital staff be offended if you ask them to clean their hands?

Our staff want to prevent infections so they will understand why you have asked. After all, it's your health we are interested in, so don't be shy about asking.

What are the choices for cleaning hands?

Alcohol based hand rubs are available throughout the hospital and are easily identified by the bright red buttons on the front of the dispenser. If your hands are visibly soiled, you will need to use soap and water.

Cleaning your hands takes 15 seconds! Make sure you cover all surfaces. If you are using soap and water, don't forget to use a paper towel to turn off the taps!

Sometimes we all need a reminder.....*Just Ask Us!*